www.canbyadultcenter.org
Phone: 503-266-2970
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CANBY ADULT CENTER

Mailing Address: PO Box 10
Physical Address: 1250 S Ivy
Canby, OR 97013

Creating a community that embraces the opportunities and challenges of older adulthood

December 2026

CENTER STAFF

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TRANSPORTATION
Karen Reinhard
Cheyenne Smith
Heather Moore

MONITORS
Heather Moore

Office Hours
M—F 8:30 am—4:30 pm

Welcome from the Director

Hello everyone,

December is such a wonderful time of the year around the Center – we will soon start decking our halls in preparation for the season. Hard to believe, that this will be the LAST year that we celebrate the holidays in this space. Next year we will be enjoying our very OWN center – what a gift!

The newsletter is FULL of happenings – please read cover to cover so you don't miss out. **And don't forget our annual Holiday Bazaar, held here at the Center on December 5th, from 9:00 am – 3:00 pm.**

Finally, you will soon get your annual appeal letter in the mail. We know that there are many needs in our community, but we humbly hope that you consider support to our permanent Home for Healthy Aging in your seasonal giving.

See you at the Center – Kathy

Late breaking news: Come see what we are planning with Colette Travel for 2027! Organizational meeting Friday December 11th at 1:00 pm.

Our Annual Christmas Lunch is Thursday, December 17th Reservation Required!



You may sign up beginning Monday, November 30th. (more details on page 9)

Holiday Happenings!

Kiwanis Toy Barrel – We host a toy barrel again this year so grab those great toy deals and support this wonderful annual project benefitting local families.

CAC Holiday Bazaar – Saturday, December 5th This is a great time to buy unique, hand-made gifts for ALL of the people on your list.

Calling all bakers – Support the Center while showing off your baking talents—donate a plate of goodies for us to sell at our bazaar. More details inside.

PLEASE NOTE – No movie Friday, December 4th and no use of the pool room after 12:00 on Friday, December 4th as we set up for the Holiday Bazaar. Thanks for understanding!

Early Closure – We are closing at 3pm on Christmas Eve AND New Years Eve.

Happy Holidays!

DECEMBER EVENTS Featured Speakers & Activities



Wednesday, December 2nd & 16th @ 1pm
Attorney Loren Bell is back for two presentations. Simple Estate Planning (Wills, Power of Attorney & Advance Directive) and Trust & Probate Avoidance. You will also learn how to set up gifts of cash while avoiding Oregon estate tax.

Friday, December 11th @ 10am
Karen O'Fearna (coordinator of driver safety program operated by DMV: the At-Risk Driver Program) is here to share information about driving safely as we age & options to stay independent when no longer driving.

Friday, December 18th @ 10:30am
Building Hope Through Healing
Grief Support with Joanne Petrie
Join Joann Petrie for a supportive conversation about navigating grief, finding hope and moving forward.

December at a Glance: See inside for details

Nov 24	Sign up begins for December trips **NOTE: TUESDAY**
Dec 2&16	Speaker: Loren Bell (Wills, Trusts, Power of Attny, Adv. Directives)
Dec 2	Genealogy Service 12:30
Dec 2&16	Blood Pressure Checks 10:30
Dec 7	Parkinsons Support 1pm
Dec 9	Board Meeting 1 pm
Dec 9	Craft w/ BJ (signup req'd) 1 pm
Dec 9	Attorney Consults 1:30 pm
Dec 9	Alzheimer's Support 3 pm
Dec 10	Let's Talk! 10am
Dec 10	NW Medicare Advisors 1:30
Dec 10	Info Table: Caption Call 10:30
Dec 11	Collette Travel Meeting 1pm
Dec 11	Speaker: Driver Safety 1pm
Dec 17	**Christmas Lunch (signup req'd)**
Dec 23	Mandala 1pm
Dec 24	**Christmas Eve, Closing at 3pm**
Dec 25	**Christmas Day, Closed**
Dec 28	Speaker & Lunch Sign Up Day
Dec 29	Trip Call-In 9-11am ****TUESDAY****
Dec 30	HAMBURGER DAY (signup req'd)
Dec 31	**New Years Eve, Closing at 3pm**

Inclement Weather Delays/Closures – Remember, we follow the school district policy for weather delays & closures. More details on page 3

Center Services

Client Services Available This Month

Canby Adult Center prepares and serves nutritious hot meals in our kitchen Monday, and Wednesday thru Friday. Meals are served in our dining room and guests must be seated by noon.

NUTRITION

Dining Room Meal: Our menu is prepared each month using county standards for meals and diabetic and low sodium alternatives are available. Suggested meal donation is $3.50 for guests age 60 and above. **A $5 fee is REQUIRED for guests under the age of 60. Guests should be seated by noon**. Musicians provide musical entertainment occasionally; check activity calendar for specific dates.

Home Delivered Meals: Volunteer drivers deliver freshly prepared, nutritious meals four days each week (Monday, Wednesday-Friday), following a menu prepared in conjunction with the county dietician. Additional frozen meals are available to cover weekend needs. Call 503-266-2970 to sign up!

Current clients—if you need to make a change or cancellation to your meals, **call the Center prior to, or no later than, 9:30 am** on the day of delivery.

Food Allergy? CAC advises that food prepared in our kitchen may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish.

TRANSPORTATION

Daily Transport: If you need a ride to join us for lunch, call 503 266 2970, between 8:30—10:00 a.m. to request a ride to the Center. We will return you safely home after lunch!

Transportation Reaching People - TRP

Client Services Coordinator Wendy May manages the county Transportation Reaching People (TRP) program for rides qualifying Canby residents residing in the Canby School District Boundaries to destinations in Clackamas, Multnomah & Washington counties. Rides must begin/end between 9 am-4:00 pm, Monday-Friday. Contact Wendy May at 503-266-2970 to see if your trip qualifies for a TRP driver; 5 to 7 business days notice required. Rides are provided by volunteers, so provision of a ride depends on volunteer availability. This service is intended for rides outside of Canby only. [For in-town rides, contact Canby Area Transit at 503-266-4022.]

Recreation and Trips: Day-trips are pre-planned and offered each month. Trip sign-up is the last Tuesday of each month unless otherwise noted. Often a meal-stop is included as part of the trip. Trip fees vary and bus donations are always gladly accepted. Trip schedule and details on page 8.

RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. Scheduled recreation includes:

- Bingo
- Memoir Writing
- Hand & Foot
- Ukulele
- Pinochle
- Crafting & Quilting Groups
- Woodworking
- Bunco and Mahjongg

See our monthly calendar insert for information on scheduling of these activities.

Activities and resources available on a drop-in basis:

- Ping Pong & Pool/billiards
- Books / Library*

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

CLIENT SERVICES

Home Visits: Client Services Coordinator visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

Information and Referral: The Client Services Coordinator has extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

Canby Adult Center Tours Available: Schedule your personal tour of the Adult Center with Client Services Coordinator, Wendy May. She will give you a full tour of the Center and share with you all the resources and services we have to offer. To schedule your tour, contact Wendy May at 503 266 2970 Monday through Friday.

Notary Services Available: We offer Notary Services. **The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee.** ***Appointment required—***contact Wendy May at 503 266 2970. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

****Wendy does not notarize wills****.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs including Better Bones & Balance, Geri-Fit, Tai Ji Quan, BingoCize and Yoga - as well as volunteer-managed line dancing and Zumba Gold!

We continue to offer Zoom Exercise Monday, Wednesday and Fridays at 10 am.

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. Also offered is a Relaxation and Meditation group which meets weekly. See inside for the schedule of guest speakers, which change monthly.

Center Services (continued)

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge, except as noted.

Legal Assistance

Generally offered the 2nd Wednesday of each month, an attorney meets with you at the Center for a free 30 minute consultation. Appointment IS required; call 503-266-2970 to schedule your next appointment.

Senior Health Insurance Benefits

SHIBA (Senior Health Insurance Benefits Assistance) volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. They also provide occasional workshops to assist you in choosing the right plan for you. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. **Call 503-655-8269 to request an appointment**.

Blood Pressure Check – At the Center

1st & 3rd Wednesdays of each month @ 10:30

Roger Livengood is an RN who provides a blood pressure clinic each month. He is willing to provide you with a medication consultation; he does not give medication advice or prescribe medication, but can answer questions about side effects, interactions, reasons why a medication is prescribed, etc. **No appointment, walk-in only.**

Foot Clinics—Offered Twice Each Month on Mondays with Jenelle Ediger

This month it will be held on December 14th & 28th

Jenelle is a footcare nurse who lives in the area and worked in the Health/Hospice field for more than 20 years. She is a trained medical professional providing this critical service and has provided footcare to several other senior centers in Clackamas County for years. She offers services twice each month, from 9 am to 2 pm. This is a nail trim (no foot soak) and the fee for service is $50. **Appointment required**

Genealogy Services With Fred Gill —

1st Wednesday of each month starting @ 12:30

This is a free service where Family History consultants provide individualized help with building your family tree, learning about your ancestors lives, helping your extended family feel more connected to their ancestors, and preserving memories to be passed on to your posterity. These 30 Minute individual consultations are available from 12:30—3:30 pm once per month. **Appointment required, sign up at the front desk or call 503 266 2970.**

American Red Cross Blood Drive—

Red Cross blood drives are monthly at the Center—due to the great need! ***That's a wrap on Blood drives for 2026. Stay tuned for 2027 dates.*** If you need assistance scheduling an appointment call Kathy Robinson at 503 266 2970.

AARP Free Tax Clinic (seasonal) This service is provided with AARP volunteers. Appointments are taken beginning late January for tax services that run February through mid-April. AARP tax clinic service is free!

NW Medicare Advisors

2nd Thursday of the month at 1pm, a representative is available to provide information and answer questions regarding a variety of Medicare plans, including questions for those who are new to Medicare or those who are currently on Medicare. Call Nola at 503-343-6738 if you have questions

Lions Club Glasses & Hearing Aid Collection

We offer a collection box in our foyer for used eye glasses and hearing aids. The Lions Club maintains the box and delivers it to its destination where donations can be re-used.

Terracycle Recycling

We offer a recycling bin for those hard to recycle items: oral care products and packaging, all brands, used or empty; non-electric blades/razors/and packaging, as well as deodorant containers. Please make sure all items are dry before placing in recycling box, located at the reception desk.

Bulletin Board

We offer a community bulletin board where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. Our answering machine is updated when we close due to bad weather; call us at 503-266-2970 for updates. We will send out automated morning calls through My Senior Center if there is a delay or closure. Be sure to check your phone for a message – even if you don't recognize the number or area code!

Center Donations: We gladly accept donations of books (especially large-print books), puzzles, and small items for our bingo raffle. We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home and use.

We keep year-round food collection barrel in our outer lobby to benefit to:gether Canby. Look for the blue barrel in our lobby.

We keep a year-round collection barrel for pet food, to benefit FIDO/Animal donations Look for the red barrel in our lobby!

Unfortunately we are not able to accept: Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs). **Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or packing peanuts) on our benches. We cannot use those items.**

Thank You for your Donations!

Client Services—Resources & Support Groups

If you have questions, contact Wendy May, Client Services Coordinator, 503-266-2970.

Monthly Support Groups offered at Canby Adult Center

Parkinson's Resources
December 7th
This group meets the first Monday of each month, **1 pm to 2 pm** to share, learn, and connect with others navigating Parkinson's. **This group is open to people with Parkinson's, care partners, family and friends.** Contact facilitator Shirley at 503-380-1712 if you have questions. [If Monday is a holiday, the meeting is the first Wednesday of the month.

Monthly Support Group

This Canby Caregiver monthly support group meets the 2nd Wednesday each month, this month December 9th, at 3pm This group is for people ***caring for others*** with Alzheimer's. Advance registration suggested by calling 1-800-272-3900 but walk-ins are welcome!

Other Resources:

- **Clackamas County Crisis Line & Clinic: 503-655-8585**
- **Senior Loneliness Line: 503-200-1633 or www.SeniorLonelinessLine.org**
- **Clackamas County Aging & Disability Resource Connection *Information & referral:* 503-650-5622**
- **The AgriStress HelpLine is a free, 24/7 hotline for Oregon's agricultural and forestry communities, including farmers, ranchers, fishermen, foresters, and their families.**

AgriStress HELPLINE for Oregon 833.897.2474 call or text

988 Suicide & Crisis Lifeline Oregon

Canby Fire Med
An Emergency Ambulance Membership Program

FireMed is an emergency ambulance membership program that helps cover the costs of medically necessary transports via ambulance. This program is not for profit and is only intended to benefit the citizens within the Canby Fire District.
One **FireMed** subscription covers the entire family, which means the primary member, spouse or domestic partner, and all relatives living in the same household.
Ground ambulance transportation membership is just $61.00 per benefit year (Jan 1 – Dec 31st).
Open enrollment is October 1st through December 31st of each year.
For questions regarding program specifics, please call 503 266 5851 or visit www.canbyfire.org. Brochures are available at The Canby Adult Center.
Source: Canby Fire Med Brochure

Become A Volunteer Public Guardian

The **Oregon Public Guardian** (OPG) program needs more volunteers in our area. Volunteer guardians advocate for adults with limited decision-making abilities to ensure their wishes are honored while they remain free of harm.

Help make a difference in the lives of vulnerable people in your community.

Apply now for spring training!

Visit www.OLTCO.org or call 971 600 6149



The **Clackamas County Senior Loneliness Line** is available daily from 5:30 AM to 11:30 PM Pacific Standard Time. It is a free resource for Oregon adults aged 60 and older who may benefit from a compassionate conversation with trained counselors.
The **Clackamas County Senior Loneliness** line provides emotional support, friendly conversation, and resource referrals. It aims to help seniors who may feel isolated due to various factors such as living alone, loss of loved ones, or health issues.
If you are feeling anxious or depressed- or just miss the sound of another voice- please reach out. Seniors can reach out by calling **503 200 1633**.
All calls are confidential.

Thursday, December 10th @ 10:30
Informational Table

CaptionCall Life is Calling

Do you have trouble hearing on the phone?
Stop by our table to learn about true NO-COST telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery or any form of customer support. If you have hearing loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service.

On-going Classes and Activities

Exercise & Wellness Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Wednesday & Friday at 11:00. This class is a great way to start your fitness journey if you're new to exercise. No fee-donations appreciated

Better Bones & Balance: Monday, Wednesday and Friday at 10:00 Get a great work-out, rain or shine, using dumbbells and your own body weight. No fee—donations appreciated

Tai Ji Quan: Monday, Wednesday and Friday at 9:00am We now offer Tai Chi Quan classes three times weekly. Check out this class—a great way to increase mobility and balance! No fee—donations appreciated

Bingocize® Monday & Thursday at 11:00—What is Bingocize® ? It is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! BEGINNERS WELCOME! No fee—donations appreciated

Yoga — Tuesday at 9:30am
This class is offered every Tuesday with Yoga Instructor Kathryn Kindorff. Class is intended for older adults and includes some seated work. No charge; donations accepted to help off-set the cost of the instructor's fee.
No fee—donations appreciated

Relaxation and Meditation: Monday at 3:00pm
Instructor Robert Baguio leads you through an exercise to fully relax and release tension and stress, redirecting your energy to wellness and healing. No fee—donations appreciated

Seated Beachball Volleyball — 4th Thursday each month at 10:00am You've asked, we've answered! Due to the popularity of this class, we're having it EVERY month! No experience needed! No fee – donations appreciated

"Let's Dance" Line Dancing Classes—Every Tuesday & Thursday 1:00pm — No partner needed for this popular and fun line dancing class! New dancers always welcome!
No fee—donations appreciated

Zumba Gold—Every Tuesday & Thursday @ 2:15pm
Zumba Gold is a modified Zumba class, for older dancers, or those that don't want high impact classes. It's a different class than Zumba. No fee--donations appreciated



BINGO Every Tuesday
Packet sales Open at 11:00
Games begin at 12 pm.

Regular games: 1 packet $6, 2 packets $9, 3 packets $11
Special games: $2 for four games, 3 cards to a game, and payouts vary by number of games purchased.
Minimum Payout: $5 per game for 7 – 11 players, $7 per game for 12-18 players & it keeps going up!
Black-out Bingo: 1 number added every week! Maximum pot $200, weekly $20 consolation prize

MONDAY

Woodcarving Workshop at 10 am
Join our woodcarving workshop every Monday at 10 am. This is a woodworking group, not a class, so bring your projects and tools and see what others are working on! Walk-ins welcome **No Fee**

TUESDAY

Needles & Knots Craft Group Meets at 10 am: Bring your own projects to work on while socializing with friends. Walk-ins welcome! **No Fee**

WEDNESDAY

Quilty Friends—December 2nd, 9th, 23rd & 30th

Quilty Friends meets several Wednesdays each month; all levels of quilters are welcome—bring a portable sewing machine to get started. Work on individual or group projects (some are for charities). New quilters and walk-ins always welcome! **No Fee**

Mandala Project—4th Wednesday each month December 23rd @ 1pm,
Enjoy good company and explore how mandalas can unlock your inner creativity and bring you joy! Supplies provided; No artistic experience needed; drop-ins welcome! **No Fee**

THURSDAY

Memoir & Creative Writing Group 1st and 3rd Thursdays 10 am –11:30 am: If you enjoy writing, this group is for you! Class facilitator suggests a topic to write about at home and you share your work at the next class. Topics often involve recording memories—a great gift to your family! **Drop-ins welcome. No Fee**.

Ukulele Class—Every Thursday 9 am-10 am
Instructor teaches basics in a step by step series. There is a $5 charge for the book that you keep. Bring your ukulele and join this fun group! **Instructor comes from Tigard; Weekly donation of $5 suggested; Walk-in's welcome.**

FUN & GAMES: Open to everyone!

Hand & Foot: Mondays at 1:00 pm This game has 2-4 players at a table and uses 3-5 decks of cards. We have trays to hold your cards. **New players welcome. No fee**

Pinochle: Tuesdays & Fridays at 1:00 pm
This is double-deck pinochle and the group is flexible with the number of players; 3 to 6 people at a table and lots of room for new players! **New players welcome. No fee**

Bunco: Last Thursday every month 1 pm. This group is open to everyone!

Mexican Train Dominos: 2nd & 4th Thursday at 1pm All aboard for fun with Mexican Train! **New players welcome. No fee**

Mahjong: Every other Wednesday at 1 pm. This group is open to everyone! **New players welcome. No fee**

Board News and Announcements

BOARD OF DIRECTORS
2026—2027

CHAIR
Loren Bell
(Term ends Sept 2029)

Treasurer
Keith Galitz
(Term ends Sept 2027)

Secretary
Sandie Field
(Term ends Sept 2028)

Robert "Cash" McCall
(Term ends Sept 2028)

Tim Nichols
(Term ends Sept 2028)

Bill Reif
(Term ends Sept 2029)

Joyce Peters
(Term ends Sept 2029)

Michael Vissers
(Term ends Sept 2027)

Larissa Tiede
(Term ends Sept 2027)

A word about our Board ~

We are grateful to our board members! Our nine-member board is filled by volunteers who have been elected (or in some cases, appointed) to sit as our board of directors, generally for a term of three years. They meet monthly, usually the second Wednesday of each month, and members and guests are always welcome to attend. Only CAC members may participate in votes for bylaw changes and board member elections.

October Meeting Minutes—Excerpts
October 14th, 2026

Directors Present:	Sandra Field, Tim Nichols, Joyce Peters, Bill Reif, Larissa Tiede, Mike Vissers
Directors Excused:	Loren Bell, Keith Galitz, Cash McCall
Staff Present:	Kathy Robinson, Timpra McKenzie
Guests:	Jim Davis, City Council Liaison

Report from City Council Liaison, Jim Davis: Jim brought and distributed flyers pertaining to two voting issues with potential to impact Canby residents in the November election: (1) proposed charter amendment to Canby Utility Board and operations; (2) proposed charter amendment for the City Administrator Residence Requirement. Additionally, the flyer provided information on the proposed renewal of the Canby Swim Center Levy which will be on the May 2027 ballot. Jim noted that Kathy Robinson will be presenting an update to the Holly Street Building at the next City Council Meeting on October 21st. Jim reported there is some concern regarding the City of Canby's street maintenance fees and discussion with City Council regarding how the fees are assessed, who is paying the fees in terms of commercial properties and who is exempt. There are changes to Maple Street Park to include additional parking, adding and replacing ADA compliant equipment and changes in the restrooms.

Monthly Reports

Treasurer: Keith Galitz was not in attendance, so the Treasurer report was presented in brief by Kathy Robinson. Kathy reported the investment markets are not doing great right now, but our investment fund is still solid at 8.8 million. Our Quest management team is scheduled to attend the board meeting in November.

Director:

Volunteer appreciation is scheduled for October 20th; board members are welcome and encouraged to attend. The Thanksgiving lunch is set for November 19th, and the annual Holiday Bazaar is scheduled for December 5th.

The Holly Street building project is running full steam ahead; donor contributions are continuing, work has been done on the fire suppression system, they are working on back filling for the sprinkler and back flow system. The cross and steeple have been removed from the rooftop. There has been progress in the basement work; there was a 22" spacing concern in the kitchen space for the hood but that has been resolved by extending the kitchen workspace into the dining room. Bid packets are out for kitchen. Questions are due by the 16th, proposals are due on the 23rd with work to be completed by January 31st, 2027. With work progressing, it is anticipated that substantial withdrawals will need to be made for payment of future invoices. It is assumed that occupancy of the new building will possibly occur in March 2027.

Capital Campaign

The Reser Family Foundation visit was October 13th; went really well with Bill Reif, Larissa Tiede, Wendy May and Kathy presenting. There is more fundraising to do; the next grant writing is for the Roundhouse foundation, which offers up to $100,000. The PIERS grant is under state review with no surprises expected. Finally, the Community Development Block Grant was signed by the County Commissioners on October 1st, thanks in part to Jim Davis. This year's annual appeal will focus on the Capital Campaign. Kathy is working on commercial proposals; levels of recognition.

New Business:

Slate of Board Officers - Kathy indicated that currently there is no one filling the vice chair position; if anyone is interested, please contact Kathy.

Meeting Adjourned:

At 1:45 pm a motion was made to adjourn the meeting. Motion was seconded and passed unanimously. The next scheduled board meeting will be on Wednesday, November 11, 2026.

Respectfully submitted by
Timpra McKenzie, Support Services Coordinator

December Speakers & Events

Wednesday, December 2nd @ 1pm
Wednesday, December 16th @ 1pm

Estate Planning with Loren Bell
Join us for 2 informative sessions covering topics to help you plan for the future.

- December 2nd – Simple Estate Planning – estate planning documents everyone should have at a minimum. Wills, Power of Attorney & Advance Directive. (includes information on how to set up gifts of cash, property, insurance, etc. while avoiding Oregon estate tax.
- December 16th – Trusts and Probate Avoidance – what is a trust and why should I possibly have a trust, including probate avoidance, privacy possible estate tax avoidance and control reasons.

Bring your questions and gain valuable information to help make informed decisions regarding your future and your estate.

Sign-up Required **No Fee**

Wednesday, December 9th @ 1pm
Holiday Craft (beginner friendly!)



BJ is here to share her expertise AND supplies on a fun, easy holiday craft! You don't need any experience for this one, come ready for some holiday cheer!

Sign ups required- Class limited to 15

Let's Talk!
Thursday, December 10th @ 10am
Holiday Memories

The holidays are filled with memories, traditions and moments that stay with us long after the decorations come down. Join us for a conversation as we reminisce about holidays past, share favorite traditions and laugh about a few holiday mishaps along the way.

Sign-up Required

Friday, December 11th @ 10:00am
Karen O'Fearna, DMV: At- Risk Driver Program

Driving safely as we age... maintaining independence and safety... options to stay independent when no longer driving... questions to answer when deciding whether to stop driving... your family and the community's role in driving safety... Wonder what all these things have in common? A driver safety program operated by DMV: the At-Risk Driver Program. Karen O'Fearna, the program coordinator, will be joining us to share information about the program, it's purpose, and how it works including: resources to support drivers of all ages, what happens when a driver is reported to DMV, and things to think about where safe driving is concerned as we age.

Signup Required **No Fee**

Friday, December 18th @ 10:30am
Building Hope Through Healing: Grief Support

Join us for a new twice-monthly series with Joann Petrie. Joann, a certified bereavement counselor, hospice chaplain (for 30+ years) and a published author, will lead us through a supportive discussion about navigating grief, finding hope and moving forward.

Sign-up Required **No Fee**

Monday, December 21st @ 1pm
Cookie Decorating Social

Join Wendy & Mindy for a fun hour of cookie decorating, holiday music and fun!! We'll do the baking, you handle "dressing it up" !

Sign-up Required, Limit 12 **No Fee**

HOLIDAY WORD FIND

Find all 10 words hidden in the puzzle!

J	I	N	U	Z	O	W	T	H	R	R	A
V	I	T	A	E	O	L	F	E	K	G	B
S	G	N	C	M	Q	V	T	K	V	M	Z
C	G	A	G	B	W	N	V	Q	H	C	N
C	N	O	D	L	I	O	V	N	E	N	R
O	I	K	T	W	E	W	N	R	S	E	F
O	V	F	W	B	R	R	E	S	L	T	F
K	I	Q	A	E	C	L	M	T	E	T	N
I	G	V	A	M	D	T	P	P	I	I	T
E	M	T	R	N	I	A	U	X	G	M	C
G	H	Z	A	V	I	L	L	L	H	W	M
V	J	C	D	I	H	K	Y	L	L	Q	S

WORD LIST

- ☐ SLEIGH
- ☐ CANDLE
- ☐ MITTEN
- ☐ WINTER
- ☐ COOKIE
- ☐ WREATH
- ☐ JINGLE
- ☐ FAMILY
- ☐ GIVING
- ☐ SNOWMAN

Words may go across, down or diagonally.

"BOX" OR "SOCKS" DRIVE

Fort Kennedy is sponsoring an underwear and socks drive for homeless veterans. Drop your NEW underwear, cotton or wool socks donation at the Canby Adult Center between November 11th through December 9th.

Thank you for helping a local homeless veteran.

Trips—December 2026

*** TRIP SIGNUP PROCESS ***

How it works:

On the last **Tuesday** of the month, participants will call the center between 9am and 11am to sign up for their desired trips.

You may sign up for only yourself and one other family member living in same household.

You can speak with the Activities Coordinator directly or leave a voicemail indicating your top THREE trip choices. (you will be signed up for your first TWO trips, if one is full, your 3rd choice will be assigned if available).

A list of all names will be created between 9-11am, assigning each name a number.

Trip Selection Process

Beginning at 12pm, names / numbers will be selected using a lottery system and participants will be placed on to trips based on:

1) Their trip preferences
2) Availability at the time their name/number is randomly selected (if a trip is full, they'll be added as an alternate)
3) If one of your top 2 picks are full, you'll be put on your 3rd choice trip if space available.

Once all names/numbers have been drawn on Tuesday, trip lists will be posted on the "Upcoming Day Trips" board at the Center (next to the showcase) and can be found at reception the following day.

IF prepayment is required, it must be made by Wednesday to secure your spot. **NO EXCEPTIONS** If you must cancel on a prepaid trip, we will reimburse for prepaid tickets ONLY if we have another traveler ready to take your place.

Note: We reserve the right to prioritize travelers over age 60 residing within Canby School District boundaries for trips.

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs. CAC reserves the right to refuse service to anyone not complying with all the elements of our Code of Conduct.

Trip sign-up begins on **Tuesday, Nov 24th.** You may call on sign up day for any trip from 9-11am. Please indicate your top 3 choices (top 2, with 1 alternate). Please note that we expect travelers with mobility or other health issues to choose wisely when signing up for a trip with us. All travelers must be able to participate in all aspects of the trip independently, or else bring a caregiver.

Additional note: FOR DECEMBER ONLY, You may sign up for a maximum of **FOUR** trips when sign-up opens. Our dinner trips are extremely popular, so we ask that you just sign up for ONE dinner on the first day of sign-ups. You're welcome to check back to sign up for additional trips later in the week.

A Brush With Fun at Red Chair Farms **Tuesday, December 1st**

Ready to unleash your inner artist? You can do exactly that at Red Chair Farms! In this instructor-led class, you'll have the chance to paint your very own canvas masterpiece. No experience necessary, bring your creativity and get ready for a little color, laughter and fun! Once we're finished, we'll stop for lunch somewhere nearby on our way home.

Depart: 10:00am Return: 2pm
Cost: $15 (pay at event) + money for lunch Donations Appreciated

Merry & Bright: The Grotto Lights **Wednesday,December 2nd**

Experience the wonder of the Christmas season at Portland's beautiful Grotto, where thousands of lights transform the beautiful gardens and pathways into a dazzling winter wonderland. We'll grab a seat in the chapel at 7pm and listen to some beautiful music. From the magical displays and beautiful music, it's an evening filled with holiday cheer. Did I mention dinner along the way? Bundle up and wear comfy shoes.

Depart: 4pm Return: 8pm
Cost: $15.95 & money for dinner Donations Appreciated

A Lovely Lunch Out **Thursday, December 3rd**

Take a break from the everyday and join us for a relaxing lunch at Filbert's in Aurora. You're guaranteed a delicious meal, good conversation and time to chat with friends. No agenda, no rushing. Just a nice lunch out, we'll do the driving.

Depart: 11:30am Return: 1:30ish
Cost: free (bring money for lunch) Donations Appreciated

Christmas Ship Tour, Jetboat Style **Monday, December 7th**

Join us for the 72nd annual Christmas Ship Parade! This one-and-a-half-hour jet boat cruise on the Explorer Jetboat runs during Portland's Christmas Ship Parade and comes with hot chocolate, cookies and warm wool blankets. We'll take you as close as it gets to the iconic ships, almost as if you're in the parade! We'll grab a quick dinner on our way! (boat "sets sail" at 7pm – vroooom!)

Depart: 4pm Return: 9:30pm
Cost: $56 & money for dinner Donations Appreciated

Aspen Meadow Celebration of Lights **Tuesday, December 8th**

It's Senior Night at Aspen Meadow Lodge! Step into the magic of the season with a stroll through the dazzling holiday light displays, nostalgic Christmas sing-alongs, homemade treats and hot chocolate. An evening filled with holiday charm, sweet treats and merry memories. Dinner on the way!

Depart: 4pm Return: 8pm
Cost: free (bring money for dinner) Donations Appreciated

Trips (continued)

Garden Lights & Holiday Nights **Thursday, December 10th**

Get ready for a festive evening at The Oregon Garden Resort in Silverton! The annual **Silverton Christmas Market** is full of things to do & see**!** It's many unique offerings include tempting local food and drink, fresh baked goods and treats, and Glühwein, our traditional German hot spiced wine—guaranteed to keep you cozy while wandering through our Winter Wonderland and shopping with our amazing vendors. And the LIGHTS?? There are more than 2 million lights throughout the grounds of the Oregon Garden Resort, creating one of the Pacific Northwest's most magical holiday experiences. Dress warm & comfy shoes for walking.

Depart: 4pm Return: 8pm

Cost: $15 for Market Entry + money for food at the market Donations Appreciated

Holiday Pops Spectacular **Saturday, December 12th**

Holiday Pops is back and bigger than ever! With upbeat holiday music, exciting guest performers, sing-alongs, and a visit from Santa himself, this concert brings the North Pole to downtown Portland. Plan a holiday date or a family night-on-the-town and experience a world-class orchestral experience with a festive flair at the Oregon Symphony. We'll grab a nice dinner on our way back.

Depart: 12:30 Return: 7pm(ish)

Cost: $30 due at signup & money for dinner Donations Appreciated

Start Your Engines....It's Christmas! **Tuesday, December 15th**

Buckle up....we're heading to **PIR** for a dazzling drive-thru Christmas light spectacular! From twinkling lights and breathtaking displays to all the merry magic of the season, we'll enjoy a "sleigh-load" of holiday cheer without ever leaving our seats! Bring a canned food item to donate and money for dinner.

Depart: 4pm Return: 8pm

Cost: free, canned food + money for dinner Donations Appreciated

I'm Dreaming of a "White Christmas" **Thursday, December 17th**

A night at Lakewood Center for the Arts. In Irving Berlin's White Christmas, two army buddies have a successful song-and-dance act after the war. With romance in mind, they follow a pair of beautiful singing sisters to a Vermont lodge, which just happens to be owned by their former Army commander. The show features classic Irving Berlin hits such as "Blue Skies," "Sisters," and the unforgettable title song, "White Christmas." We'll find a nice spot for dinner before the show.

Depart: 4pm (show starts at 7:30) Return: 10pm

Cost: $56 due at signup & money for dinner Donations Appreciated

All Aboard for Holiday Fun! **Friday, December 18th**

Chugga-Chugga choo-chooooo.....Enjoy the charm of vintage rail travel - all decked out for the holiday season! Join us for this special ride aboard a historic train departing from the **Oregon Rail Heritage Center.** Your ticket fee includes a 45min ride on a 1912 Polson #2 steam locomotive and entrance to the museum where you can explore historic locomotives and discover Portland's rich railroad history. Hot cocoa & cookies are available to purchase - say no more! (We'll have dinner on our way <u>home</u> from Portland)

Depart: 3:00 (4pm ride, 6pm dinner) Return: 8pm(ish)

Cost: $34 due at signup & money for dinner Donations Appreciated

Keizer Christmas Light Tour **Monday, December 21st**

Bundle up, settle in and let the holiday magic come to you! Join us for a glowing drive through the beloved **Keizer Gubser Neighborhood,** where homes sparkle with Christmas lights and holiday decorations. This merry little adventure will surely have you "oooooh-ing and ahhhhh-ing" with your seat-mate on the bus! We will get dinner somewhere on our way to Keizer.

Depart: 4pm Return: 8pm

Cost: free, canned food item + money for dinner Donations Appreciated

Retail Therapy & Lunch **Tuesday, December 29th**

With Christmas behind us, you never know what new treasures might have arrived! Ready to go shopping?? We're hitting TWO **Goodwill** locations for some bargain browsing. When we're finished, we'll stop at Country Cottage for a delicious meal - settle in, enjoy some good food and friendly conversation!

Depart: 9:30am Return: 2pm

Cost: free (bring money for shopping & lunch) Donations Appreciated

December Movies, Music & More

Afternoons at the Movies ~~ Wednesday & Friday 1'o clock sharp!

Movie Line-up

WEDNESDAY MOVIES AT THE CENTER

December 2nd — Secretariat Penny Chenery, a housewife who unexpectedly takes over her ailing father's stables and defies the male-dominated world of horse racing to guide a remarkable colt toward history.

December 9th — Project Hail Mary Science teacher Ryland Grace (Ryan Gosling) wakes up on a spaceship with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. He must call on his scientific knowledge to save everything on Earth from extinction... but an unexpected friendship means he may not have to do it alone.
Note: this is a longer movie, plan to stay later than usual.

December 16th — Saving Mr. Banks Tom Hanks and Emma Thompson bring to life the untold true story behind Walt Disney's 20-year efforts to transform the beloved book Mary Poppins into one of the most treasured movie classics of all time.

December 23rd — Once Chance The true story of Paul Potts (James Corden), a shy, bullied shop assistant by day and an amateur opera singer by night who became a phenomenon after being chosen for -- and ultimately winning -- Britain's Got Talent.

December 30th — Hope Floats Young mother Birdee Pruitt (Sandra Bullock) returns to her Texas hometown after learning that her husband has been unfaithful. Humiliated, Birdee tries to build a new life for herself and her daughter as an old flame (Harry Connick Jr.) comes back into her life.



Festive Friday Movies

December 4th – No movie today, setting up for bazaar.

December 11th — Spirited Each Christmas Eve, the Ghost of Christmas Present (Will Ferrell) selects one dark soul to be reformed by a visit from three spirits. But this season, he picked the wrong Scrooge. Clint Briggs (Ryan Reynolds) turns the tables on his ghostly host until Present finds himself reexamining his own past, present and future.

December 18th — The Man With the Bag When Santa's (Arnold Schwarzenegger) magic bag is stolen, he turns to his naughty list to find Vance (Alan Ritchson), a former thief, to help him get it back.

December 25th — Center Closed for Christmas.

Lunch service in the Dining Room is NOON sharp Monday, Wednesday, Thursday & Friday. You must be seated by noon.

Music in the Dining Room: We are occasionally able to offer live music prior to, and up to 15 minutes after lunch is served.

Holiday Music – December 3rd
Join us as for some classics!

Mickey Tickles those Ivories – December 7th & 21st
Join us to hear a fine selection of hits, and oldies & goodies.

Music with Jim – December 10th
Guitar music with Jim includes patriotic tunes, gospel & more!

Music with Scott – December 14th & 23rd
Scott brings a selection of well known and loved popular music with "something or everyone"! (holiday singalong on 12/23)

Piano with Jonah – Wednesdays in December
A great variety of classical pieces, favorites & show stoppers!

Lee Elementary Kindergartners – December 17th
We're in for a treat – the kiddos from Lee are coming to perform! No doubt this is one you want to see!

CHS Catalina's – December 18th
One of our favorite traditions, the Catalina's are returning for another year! You don't want to miss this performance.

Remember to Make Your Lunch Reservation for Special Events

Lunch Dates: We require reservations for our "special lunch" celebrations and hamburger day. This month we offer two lunches that require a signup / reservation.

December 17th, Christmas Lunch
Christmas ham, scalloped potatoes, fresh vegetables
Roll, Ceasar salad and homemade figgy pudding

December 30th, Hamburger Day
Delicious hamburgers with all the fixins, potato salad, broccoli & cauliflower salad and fresh fruit.

To give as many members as possible the opportunity to attend, you may reserve a spot for yourself and one other member of your household. Friends who would like to join you must call and make their own reservation. Due to space being limited we ask that you refrain from inviting extended family. Priority is given to local individuals age 60 and older. If you want to sit with friends, arrive early – no reserving seats for people not in the building.

If you make a reservation for lunch and then are not able to keep it, please call us at 503 266 2970 to cancel your reservation in advance.

Thank you!!

Life, Health & Happenings

We are in the home stretch of 2026! December is a jam-packed month at the Center with plenty of opportunities to connect, celebrate and make some merry memories!! The weather is a-changing, try to get outside for a walk when you can 😊 I hope to see you at the center soon ~ Mindy

The Silent Struggle: Understanding Loneliness as We Age

Why staying socially connected is just as important as staying physically healthy.

Loneliness is something many people experience, but not everyone feels comfortable talking about. As we get older, life changes in ways we may not expect. Retirement, the loss of a spouse or close friends, children moving away, health challenges, and changes in mobility can gradually shrink our social circles. Before we know it, days that were once filled with conversations, activities, and familiar faces can become surprisingly quiet.

And here's something important to remember: **You don't have to live alone to feel lonely.**

Loneliness isn't simply the absence of people. It's the feeling that we're missing meaningful connections, companionship, or a sense of belonging. Someone can have a full calendar and still feel disconnected, while another person who lives alone may feel perfectly content and socially fulfilled.

More Than Just a Feeling

Researchers and health professionals increasingly recognize loneliness and social isolation as significant public health concerns, particularly among older adults. According to the Centers for Disease Control and Prevention (CDC), loneliness and social isolation are associated with an increased risk of several serious health conditions, including heart disease, stroke, depression, anxiety, type 2 diabetes, and dementia.

Why does connection matter so much?

Human beings are naturally social. Positive relationships help reduce stress, provide emotional support, encourage healthy habits, and give us a sense of purpose. Having someone to talk with, laugh with, share a meal with, or simply sit beside can make an enormous difference in our overall well-being.

Recognizing the Signs

Loneliness doesn't always look like sadness. Sometimes it shows up as withdrawing from activities, declining invitations, losing interest in hobbies, or going several days without meaningful conversation.
Other signs may include:

- Feeling disconnected, even when surrounded by people.
- Missing the companionship of a spouse, family member, or close friend.
- Feeling like you no longer have a meaningful role or purpose.
- Avoiding social situations because of transportation, hearing, mobility, or confidence challenges.
- Spending more time at home than you'd actually like.

Recognizing these feelings is not a weakness. Loneliness can happen to anyone, at any stage of life, and acknowledging it is an important first step toward feeling more connected.

Small Steps Can Make a Big Difference

The good news? Building connections doesn't require a major life change. Sometimes the smallest steps can have the biggest impact.

Get out of the house. Attend a class, join a walking group, participate in a game, or stop by a community gathering. Regular activities create opportunities to see familiar faces and develop friendships over time.

Try something new. Learning a new skill, joining a club, taking an art class, or participating in a group activity introduces you to people who share similar interests.

Find a way to give back. Volunteering can provide a renewed sense of purpose and remind us that we have something valuable to contribute. Helping others can be just as rewarding as receiving help.

Make movement social. Walking with a friend, joining an exercise class, or participating in group recreation combines physical activity with meaningful interaction.

The Power of Community

This is where senior centers, community organizations, and neighborhood groups play such an important role. They provide more than activities and entertainment. They create opportunities for friendship, belonging, laughter, and shared experiences. Sometimes it's not the activity itself that brings someone through the door. It's knowing someone will notice if they're missing. It's having a familiar face greet you, a friend save you a seat, or someone ask how your weekend went. Those little moments matter.

If you've been feeling disconnected, consider this your invitation to take one small step. Come to an activity, introduce yourself to someone new, or simply spend a little time around others. You never know which conversation might turn into a friendship. And if you know someone who may be feeling isolated, reach out. A phone call, a visit, or an invitation to join you can mean more than you know.

Source: CDC, Nat'l Institute on Aging

Birthdays & This & That!

December 2026 Birthdays!



1	Elaine Hill
1	AJ Swaim
2	Carolee Iselin
3	Sylvia Morrison
3	Colby Stevens
4	Elaine Kallis
4	Patricia McAlpin
4	Robert Pounding
7	Barbara Daniels
7	Tim Witkowski
8	Mary Ann Hoffman
9	Lori Grady
9	Patricia Usinger
9	Scott Wiesehan
10	Linda Cosgrove
10	Bob Hill
11	Saralee Croft
12	Mary Reed
13	James McCarten
13	David Onsgard
14	Loreta Brubaker
14	Fran Hopkins
15	Deanna Edwards
15	Susan Hill
15	Debbie Schauer
16	Rebecca Baker
16	Richard Hands
17	Christine Anderson
19	Connie Ables
19	Carole Allison
19	Gwen Polgar
19	Randall Russell
19	Darlene Walker
20	Diane Adelblue
20	Greg Erk
20	BJ Schmader
21	Janelle Ediger
21	Colleen Light
22	Donna Hergert
22	Kathleen Jeskey
22	Daniel Kaniho
23	Sue Glaspey
23	Tom O'Brien
23	Holly Wilson
24	Leota Childress
24	Gretchen DeLaney
24	Betty McCall
24	Katherine Thompson
25	Mike Elario
25	Reni Erk
25	Mary Ellen Laird
26	Karen Sadoff
27	Jay Harman
27	Jacob Taasevigen
27	Jorge Tro
27	Tin Wong
28	Jerry Keen
28	Crystal Schaffner
28	Darrell Schuh
28	Judy Sprague
28	Suzanne Viviano
29	Mary Wintermantel
30	Linda Lloyd
30	Virginia Reed
31	Allen Lind
31	Michael Riggs
31	Doug Smith



December Birthday Spotlight

Dec 1 – Bette Midler
Dec 5 – Walt Disney
Dec 9 – Kirk Douglas
Dec 12 – Frank Sinatra
Dec 16 – Jane Austin
Dec 18 – Steven Spielberg
Dec 21 – Jane Fonda
Dec 25 – Humphrey Bogart

LOST AND FOUND:
We have accumulated a number of items in the lost and found basket at the front desk. Are you missing earrings, keys, pins, or other small items? Please ask the receptionist to check the bulletin board for you for these smaller items. If they remain unclaimed, they will go to the "free table".
Please check the coat closet if you are missing a jacket – we have several that are looking for their home!

For Your Information:

CAC Membership: Membership has an *annual fee* of $15 for an individual, or $25 for a couple. Complete the membership form on the last page of this newsletter (or print it from our website); send it, along with your membership fee to: **PO Box 10, Canby OR 97013—** you will receive a subscription to our monthly newsletter!

Gifts: A financial gift of **$51 or more *at any time during the year*** provides a one year membership, which includes the newsletter for one year, (paper copy or by email) and a discount on building rental.

Electronic Donation Gifts: Did you know you can choose to donate to CAC electronically—you may make a one-time gift or a monthly reoccurring gift. Go to the CAC website, choose **support**, then choose **donate** and specify the amount you would like to donate.

"MySeniorCenter" at the reception desk has a touch screen and is available for you to sign in for activities, lunch, speakers, trips, etc. using a key-fob. To sign up for a key fob, simply **ask the receptionist for a NAPIS form; complete it, turn it in** and within two weeks you will receive your "FOB" and you can sign in electronically! It's just that easy!!

Bingo Raffle Items Accepted: Bingo is offered each Tuesday at noon. We accept new, or gently used items for **raffle gifts**! If you wish to donate an item, please bring it to the front desk and we will gladly use it.

Thank You for Your Support!

Canby American Legion offers Proper Disposal of U.S. Flags: The flag disposal box is located at 424 NW 1st Street on the Fir Street side. **Look for the mailbox with the VFW logo,** deposit the flag inside the box and it will be disposed of properly.

Our thanks to Canby American Legion



Around Town

In Canby...

American Legion— Post 122, NW 1st Street

- **BINGO** every Thursday —opens at 4:30 pm, games start at 6:00 pm. Snack bar available until after break time. Bar/lounge has food also.
- **Hamburger Feed**—every Friday night, starting at 5:30.
- **Taco Tuesdays** every other Tuesday. This is an ongoing fundraiser for roof replacement at the Legion.

Winter Fair & Holiday Market
Friday & Saturdays in December @ 5pm
Clackamas County Event Center
Enjoy a festive evening filled with twinkling Christmas lights, holiday shopping, local vendors, seasonal treats and MORE!

Light Up the Night @ Wait Park
Friday, December 4th 6pm
Kick off the holiday season in downtown Canby with an evening full of Christmas cheer. Enjoy the festive lighted parade, holiday music and the tree lighting at Wait Park.

Canby Adult Center Holiday Bazaar
Saturday, December 5th 9-3pm
Browse a variety of vendor booths featuring handmade crafts, unique gifts, holiday decorations and seasonal treasures! Cinnamon rolls and soup available for purchase.

Christmas In Canby, Ugly Sweater 5k
Saturday, December 5th @ 9am
Put on your ugliest sweater and join Canby for a festive 5K where the whole community comes together to run, walk and celebrate the season. Registration required.
https://runsignup.com/Race/OR/Canby/ChristmasInCanbyUglySweaterK

Oak + Hood Christmas Market
Saturday, December 12th @ 4pm
Looking for a little holiday shopping inspiration? Head to Oak + Hood for a fun Christmas market! It's a great opportunity to support small businesses and discover something special for the holiday.

Chunky Stocking Workshop @ Red Chair Farm
Saturday, December 19th @ (time tbd)
In this class I will give you three colors, bright red, true white and grinch green and walk you through making TWO stockings! NO EXPERIENCE necessary and all supplies provided. Registration required @ www.redchairfarm.com/

Just Out of Town…

Silverton Christmas Market
Oregon Garden Resort
(Almost) Every night in December
The Silverton Christmas Market features 2 million twinkling Christmas lights, a German-inspired artisan vendor market, visits from Santa, ice skating, snowless tubing, cozy fire pits, live music, festive food & drink and more!

Wreath Making with White Owl Acres
Sunday, December 6th @ 10am
27760 S. Skinner Rd., Estacada
Add a little handmade charm to your holiday décor! Join White Owl Acres for a fun wreath making class and create your very own seasonal masterpiece. Cost $45

Breakfast with Santa @ Oregon City Nazarene
Saturday, December 12th – 9-11am
Come join us for a jolly good time at The Pioneer Community Center! Santa himself will be there to spread holiday cheer and take photos. Enjoy delicious pancakes while listening to festive music- a live performance from the OC Choir.

Christmas Ships Trolley @ Lake Oswego
December 15th, 17th & 19th
Experience the magic of the holidays from a unique vantage point - aboard the Willamette Shore Trolley. They offer exclusive excursions to view the Christmas Ships as they sail the Willamette River. Cost: $50
Register at: http://wst.oregontrolley.com/

The Fir Tree - *By Hans Christian Andersen*

Deep in the forest stood a little fir tree. It was healthy and green, but it was never satisfied. It wished to be taller, bigger, and more important. When it saw the birds flying overhead or watched the larger trees being cut down and carried away, it wondered what wonderful things awaited them.

One winter, the little tree was chosen to become a Christmas tree. It was brought into a beautiful home, decorated with candles, ornaments, and shiny ribbons. Children danced around it, admiring its beauty. For one magical evening, it was the center of everyone's attention.

But the celebration ended. The ornaments were removed, and the tree was carried away to a dark attic. It longed to return to the forest, wishing it had appreciated the sunshine, birdsong, and fresh air when it had them. Eventually, the tree was taken outside and cut into pieces for firewood.

And so the little fir tree learned a lesson too late: it had spent its life dreaming about tomorrow, never realizing how beautiful today had been.

The moral of the story?
Sometimes we spend so much time wishing for what comes next that we forget to appreciate the beauty of what we already have. This Christmas, may we slow down, enjoy the little moments, and remember that the greatest gifts are often right in front of us.

Thank you 2025-2026 Annual Appeal Sustaining Individual Donors
Donations of $250 +

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Renaissance Charitable Foundation

October & November Annual Appeal Donors:

Tim and Becki Anderson
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Thank you 2025-2026 Capital Campaign Donors

A New Home for Healthy Aging

As most of you know, the Canby Adult Center has purchased a building on the north side of town to serve as a permanent home for senior services. We have begun to remodel the property, with a tentative move-in date of 1st quarter of 2027. The individuals, businesses and organizations listed on this page have stepped forward to support the new building project – we thank you for your early support!

Capital Campaign Donors $250+

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Kathe Cutsforth
Tanner Cutsforth
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Sue Goetchius
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Tim Tofte
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Wilcox Arredondo
Don Wilson
Kevin Wright
Matt & Jennifer Zacher

October & November Capital Campaign Donors thru November 16th

Tim and Becky Anderson
Kathy Robinson
Steve and Janet Skinner

Honor your story while shaping the future

There are many ways you can support Canby Adult Center – here are a few that can help ensure a home for meals, fitness and friendship for future generations:

Cash gift – Every gift makes a difference, and no amount is too small! Consider becoming a monthly donor to provide dependable support all year long.

Retirement plan assets – If you are age 70 ½ or older, you may direct a gift from your IRA directly to the Canby Adult Center through a Qualified Charitable Distribution. These gifts satisfy your Required Minimum Distribution and may lower your taxable income!

Appreciated securities – You can gift appreciated stock, to a CAC brokerage account. Ask how!

Real estate – You can donate property during your lifetime or in your will, and often receive an income tax charitable deduction for the full market value.

Introducing the Giving Circle

The Giving Circle recognizes donors who include the Canby Adult Center in their estate plans. We wish to thank the following people for including CAC in their estate planning:

- Johnie Dever
- Lori and Bob Grady
- Cheryl Layson
- Gary Needham
- Leslie Rhodes

If you designate CAC in your will, trust or life insurance policy, you can leave a legacy without giving up assets today, and maximize estate tax savings for your family. If you have already named us as a beneficiary of your estate, please let us know – we would love to recognize your gift of tomorrow, today!

Friends of Canby Adult Center Inc.
PO Box 10
Canby OR 97013-0010

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CANBY ADULT CENTER MEMBERSHIP APPLICATION Date_____

New Member ☐ Renewal ☐ Single Membership: $15/year Couple: $25/year

Name_____ Birth Month_____ Birth Day: _____
Under 65___ 65-70___ 70-75___ 75-80___ Over 80 ___

Name_____ Birth Month_____ Birth Day: _____
Under 65___ 65-70___ 70-75___ 75-80___ Over 80 ___

Address:_____ City & Zip_____

Phone: _____ E-Mail Address: _____

Enclosed: Check: $_____ Cash: $_____

Renewal postcards are mailed monthly as a reminder to renew your membership & update your information.

Check here ☐ *to receive newsletter by e-mail only with thanks for helping us save on postage!*

DONATION: Donor Name: _____ Donation Enclosed:$_____

Address: _____

MEMORIAL: In Memory of: _____ Memorial Enclosed $_____

Acknowledgement Address: _____

CANBY ADULT CENTER

Street Address: 1250 S Ivy, Canby, OR 97013
Phone: 503-266-2970
Web: www.canbyadultcenter.org

Activities— December 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 YOGA 10:00 Needles & Knots 10:30 Trip: Red Chair Farms 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	2 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 10:30 BP Check 11:00 GeriFit 11:30 Music with Jonah **1:00 Speaker: Wills, PofA Adv Directives** 1:00 Mahjong 12:30 Genealogy 1:00 Movie: Secretariat 4:00 Trip: The Grotto	3 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:30 Holiday Music 11:30 Trip: Filberts 1:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold	4 9:00 Tai Ji Quan 10:00 BB&B 11:00 GeriFit 1:00 Pinochle **1:00 No Movie Today** (holiday bazaar setup)	5 9-3pm CAC Bazaar
6	7 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Hand & Foot Canasta 1:00 Parkinson's Support 3:00 Relaxation & Meditation 4:00 Trip: Jetboat Tour	8 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold 4:00 Trip: Aspen Meadows	9 9:00 Tai Ji Quan 9:00 Quilty Friends 10:00 BB&B 11:30 Music with Jonah 11:00 GeriFit 1:00 Board Meeting 1:00 Attorney Consults **1:00 Craft w/ BJ** 1:00 Movie: Project Hail Mary 3:00 Alz Support	10 9:00 Beginning Ukulele 10:00 Let's Talk! **10:30 Info Table: Caption Call** 11:00 BingoCize 11:30 Music w/ Jim 1:00 Line Dancing 1:00 Dominos 1:30 NW Medicare Adv. 2:15 Zumba Gold 4:00 Trip: Silverton Christmas Market	11 9:00 Tai Ji Quan 10:00 BB&B **10:00 Speaker: Safe Driving Tips** 11:00 GeriFit **1:00 Colette Travel Informational Mtg** 1:00 Pinochle 1:00 Movie: Spirited	12 12:30 Trip: Oregon Symphony
13	14 9:00 Footclinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Scott 1:00 Hand & Foot Canasta 3:00 Relaxation & Meditation	15 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	16 9:00 Tai Ji Quan 10:00 BB&B 10:00 Newsletter Folding 10:30 BP Check 11:00 GeriFit 11:30 Music with Jonah 1:00 Speaker: Trusts, PofA, Adv Directives 1:00 Mahjong 1:00 Movie: Saving Mr. Banks	17 **Christmas Lunch** 9:00 Beginning Ukulele 10:00 Memoir/Creative Writing 11:00 BingoCize 12:00 Lee Elementary Singers 1:00 Line Dancing 2:15 Zumba Gold 4:00 Trip: Theater: White Christmas	18 9:00 Tai Ji Quan 10:00 BB&B 10:30 Grief Support 11:00 GeriFit **12:00 CHS Catalina's** 1:00 Pinochle 1:00 Movie: The Man With The Bag 4:00 Trip: OR Rail Heritage Center	19
20	21 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 11:30 Music w/ Mickey 1:00 Hand & Foot **1:00 Cookie Decorating** 3:00 Relaxation & Meditation 4:00 Trip: Keizer Lights	22 9:30 YOGA 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	23 9:00 Tai Ji 10:00 Quilty Friends 10:00 BB&B 10:00 Newsletter Fold 11:00 GeriFit 11:30 Music with Scott 1:00 Mandala 1:00 Movie: One Chance	24 9:00 Beginning Ukulele 10:00 Seated Volleyball 11:00 BingoCize 1:00 Line Dancing 1:00 Dominos 2:15 Zumba Gold **Center Closing @ 3pm**	25 Center Closed 	26
27	28 **8:30 Speaker & Special Lunch Signup Day** 9:00 Foot Clinic 9:00 Tai Ji Quan 10:00 BB&B 10:00 Wood Carving 11:00 BingoCize 1:00 Hand & Foot 3:00 Relaxation & Meditation	29 **9:00-11:00 Trip Signup/Call-in** 9:30 YOGA 9:30 Trip: Goodwill 10:00 Needles & Knots 12:00 Bingo 1:00 Pinochle 1:00 Line Dance 2:15 Zumba Gold	30 9:00 Tai Ji 10:00 BB&B 10:00 Quilty Friends 11:00 GeriFit 11:30 Music with Jonah Hamburger Day 1:00 Mahjong 1:00 Movie: Hope Floats	31 9:00 Beginning Ukulele 11:00 BingoCize 1:00 Line Dancing 2:15 Zumba Gold **Center Closing @ 3pm**	1 Center Closed 	

Menu—December 2026

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
	Special thanks to our serving groups: Canby Fire Dept. Canby Police Dept. Canby Utility Canby Garden Club Zion Mennonite Church LDS Church- First Ward ☺	1	2 **Shrimp Louie** **Tossed Greens** **Vegetable Garnish** **Chefs Choice Soup** **Fruit Jello**	3 **Tamale Pie** **Steamed Vegetables** **Green Salad with Tomatoes & Cucumbers** **Jello with Fruit**	4 **Breaded Pollock** **Rice Pilaf** **Mixed Vegetables** **Cole Slaw** **Fruit**	5
6	7 **Meatloaf** **Mashed Potatoes** **Seasonal Vegetables** **Green Salad** **Fruit**	8	9 **Chicken Caesar Salad** **Romaine Lettuce** **Chefs Choice Soup** **Fresh Fruit**	10 **Tator Tot Casserole** **Steamed Carrots** **Broccoli Bacon Salad** **Roll** **Gingerbread**	11 **Kielbasa & Sauerkraut** **Vegetables** **Cornbread** **Marinated green Bean salad** **Vanilla Pudding**	12
13	14 **Sausage and Cheddar Quiche** **Hashbrown Potatoes** **Applesauce** **Blueberry Muffin**	15	16 **Deli Sandwich** **Vegetable Garnish** **Chickpea Greek salad** **Chef's Choice Soup** **Brownie**	17 **Christmas Lunch** **Christmas Ham** **Scalloped Potatoes** **Fresh vegetables** **Wheat roll** **Ceasar salad** **Figgy pudding** ***sign-up required***	18 **Teriyaki Chicken** **Steamed Rice** **Cole Slaw** **Oriental Vegetables** **Fresh Fruit**	19
20	21 **Swedish Meatballs** **Buttered Noodles** **Steamed Broccoli** **Greek salad with Feta** **Tapioca Pudding**	22	23 **Sloppy Joes** **Cole Slaw** **Tots** **Steamed Vegetable** **Cookie**	24 **Chicken and Dumplings** **Mashed potatoes** **Steamed Peas** **Three beans salad** **Fruit**	25 **Center Closed** 	26
27	28 **Tuna Casserole** **Green Beans Fresh** **Baked Roll** **Cucumber salad** **Punch Cake**	29	30 **Hamburger Day** **Potato salad** **Broccoli & cauliflower salad** **Fresh Fruit** ***sign-up required***	31 **Pork Yakisoba with Vegetables** **Steamed cabbage** **Egg roll** **Carrot Raisin salad** **Chocolate pudding**		